



"After every meal"

Spring is in the air—the fields and woods and waters call—

And to add to the zest of outdoor pleasures nothing affords the long-lasting refreshment of WRIGLEY'S—

So carry it always with you.

The Flavor Lasts



No Pleasure in Idleness.

Idleness is never a source of pleasure. The nation puts folks on enforced idleness as a punishment. A well-earned rest is a boon to any busy man, but that's far from idleness. The idler is just a spender, a parasite, a candidate for social ostracism and the poorhouse. He soon loses the power for real enjoyment. He's just a burden to himself and the folks around him. He's always hunting happiness, but is too sluggish to use the means that bring it. His is the passive existence of indolence, stagnation and deadness. The very faculties capable of giving pleasure are obsolescent. It's no use to dream about happiness unless you are willing to do a little to help bring it. Like love it wears best when used.



ON GUARD

At this time of the year people feel weak, tired, listless, their blood is thin, they have lived indoors and perhaps expended all their mental and bodily energy and they want to know how to renew their energy and stamina, overcome headaches and backaches, have clear eyes, a smooth, ruddy skin, and feel the exhilaration of real good health tingling thru their body. Good, pure, rich, red blood is the best insurance against ills of all kinds. Almost all diseases come from impure and impoverished blood. It is to be noticed in the pale or pimply face, the tired, haggard appearance or the listless manner. Drink hot water a half hour before meals, and for a vegetable tonic there's nothing better than Dr. Pierce's Golden Medical Discovery, the old-fashioned herbal remedy, which has had such a fine reputation for fifty years. It contains no alcohol or narcotics. It is made from Golden Seal root, Blood-root, Oregon grape root, Queen's root, Black Cherry bark, extracted with glycerine and made into tablets and liquid. Tablets sixty cents, at most drug stores. In order to insure pure blood and to build up the system try this tonic known as Dr. Pierce's Golden Medical Discovery. Get it now!

A Square Meal.

Some American soldiers in the trenches were discussing the food situation when one said: "Just think of it, potatoes, steak, butter, honey, fruit, pie, and two eggs."

Another soldier reminded him that such a feed was not to be had at any price.

"Why," said the first, "it's not to eat it's to think about."

Get New Kidneys!

The kidneys are the most overworked organs of the human body, and when they fail in their work of filtering out and throwing off the poisons developed in the system, things begin to happen.

One of the first warnings is pain or stiffness in the lower part of the back; highly colored urine; loss of appetite; indigestion; irritation, or even stone in the bladder. These symptoms indicate a condition that may lead to that dreaded and fatal malady, Bright's disease, for which there is said to be no cure.

Do not delay a minute. At the first indication of trouble in the kidney, liver, bladder or urinary organs start taking Gold Medal Haarm Oil Capsules, and save yourself before it is too late. Instant treatment is necessary in kidney and bladder troubles. A delay is often fatal.

You can almost certainly find immediate relief in Gold Medal Haarm Oil Capsules. For more than 200 years this famous preparation has been an unfailing remedy for all kidney, bladder and urinary troubles.

It is the pure, original Haarm Oil your great-grandmother used. About two capsules each day will keep you toned up and feeling fine. Get it at any drug store, and if it does not give you almost immediate relief, your money will be refunded. Be sure you get the GOLD MEDAL brand. None other genuine. In boxes, three sizes.—Adv.

Problem for Home.

"Good morning, children," said the arithmetic teacher. "How many of you have prepared an original problem in multiplication, as I requested?" Only one hand went up.

"Well, William, you may give your problem and the rest of the class may solve it."

"If my baby sister is a year old now and weighs 20 pounds, and keeps on gaining two ounces a day until she is sixteen years old, and if the price of living doubles again in the next ten years how much will my sister's graduation outfit cost? Mother says she would like to know."—Rehoboth Sunday Herald.

Dr. Peery's "Dead Shot" not only expels worms or tapeworm but cleans out the mucus in which they breed and tones up the digestion. One dose sufficient. Adv.

A Real Ambition.

"He has a fine ambition," "What is it?" "Says he wants to live so that he will be considered somebody's best friend."

Temperance Notes

(Conducted by the National Woman's Christian Temperance Union.)

WINNERS DON'T USE IT.

I have been asked to tell what I think of the liquor question and I have to break over the traces at the jump. I do not discuss the "liquor question."

Spades are always spades with me, and I always call them spades. That is why I use the word booze. I can talk about booze and its effects, but such a nice expression as the "liquor question" gets my goat. Giving the stuff the right handle I can grab it and tell all I know about it.

Here it is, in one bunch: Booze doesn't make winners.

There never was a winner in the world that built his winning on booze. I don't care what line you get into, you won't find one winner who used the stuff to his advantage.

Ask Grover Cleveland Alexander how much booze has helped to make him the best pitcher that Charles Wegman could buy to give the Cubs a pennant.

Go out to your Chicago university and ask Coach Stagg how much booze he feeds his football or baseball players, or his track athletes.

Ask Charlie Comiskey—bless his old heart—if booze ever helped him when he was first-basing around the country. Or ask him how much booze has done for Eddie Collins or Red Faber, or that center fielder of his, Happy Felsch.

You'll get the same answer anywhere you go—the old, old answer to the so-called "liquor question." It doesn't pay, it never has paid, and it never will pay.

And winners don't use it. They can't use it and win. And, after all, the Lord must love a winner. For winning means clean living, and clean living means efficiency, and efficiency means decency. None of these things takes off its hat and makes itself at home where booze hangs out.

To any reader who can name one man that has won with booze, I'll name a hundred—yes, a thousand—who have lost.—Billy Sunday in Chicago Examiner.

FOOD, OR DRINK?

"Food will win the war." But drink must lose it.

Why, then, as a nation, do we booze it? What are all our soldiers fighting for? Indeed, if not, and soon, to win the war?

If food will win, and if the drinking won't, why are we sending soldiers to the front, and holding fast at home by wine and beer?

Must we go on, so, weary year on year?

Yes, "Food will win," we loyally may say.

When Food makes manhood stronger, day by day;

But weakened manhood by the power of booze.

And how can men do other, then, than lose?

While brewers waste the food which means our might, How shall our soldiers make a winning fight?

If beer must be at home the bread of life, Why send our boys abroad, to losing strife?

They risk their lives, and possibly their souls, In fight for freedom's highest, grandest goals;

Shall we be cowards thus to see them lose?

Because we fear the brewer and his booze?

—National Advocate.

WHAT MODERATE DRINKING DOES.

The degeneration due to the so-called "moderate" consumption of alcohol is very similar to senile decay. In the opinion of Prof. G. Sims Woodhead, M. A., M. D., F. R. C. P., F. R. S. E., of Cambridge university, England.

"Alcoholic degeneration, however," Professor Woodhead points out, "does not proceed equally in every part of the body. The weaker tissues are first attacked and the patient gives way at the weak link of the chain. Alcohol calls upon the reserve strength which ought to be held like a balance at the bank to meet sudden and unexpected emergencies. If you have such a physical reserve, you are able to tide over emergencies and wear out gradually, but if you let alcohol withdraw your balance, exhausting your reserve, you may become a physical bankrupt at any moment."

HOW TO AVOID FOOD RIOTS.

Says Dr. Haven Emerson, commissioner of health, New York city: "If we would avoid serious food riots, such as occurred last year in this city, and which might be brought to a head any time, by reduction in available bread and milk for the poor, we must cut off the daily expenditure in this city of a million dollars a day, which is now the city's daily liquor bill. We must get that money out of liquor into food."

Both Ends (Producer and Consumer) Against The Middle (The Packer)

The consumer wants to pay a low price for meat.

The farmer wants to get a high price for cattle.

The packer stands between these conflicting demands, and finds it impossible to completely satisfy both.

The packer has no control over the prices of live stock or meat, and the most that can be expected of him is that he keep the difference between the two as low as possible. He does this successfully by converting animals into meat and distributing the meat at a minimum of expense, and at a profit too small to be noticeable in the farmer's returns for live stock or in the meat bill of the consumer.

Swift & Company's 1917 transactions in Cattle were as follows:

	Average Per Head
Sold Meat to Retailer for	\$68.97
Sold By-products for	24.09
Total Receipts	93.06
Paid to Cattle Raiser	84.45
Balance (not paid to Cattle Raiser)	8.61
Paid for labor and expenses at Packing House, Freight on Meat, and Cost of operating Branch distributing houses	7.32
Remaining in Packer's hands as Returns on investment	\$ 1.29

The net profit was \$1.29 per head or about one-fourth of a cent per pound of beef.

By what other method can the difference between cattle prices and beef prices be made smaller, and how can the conflicting demands of producer and consumer be better satisfied?

1918 Year Book of interesting and instructive facts sent on request.
Address Swift & Company,
Union Stock Yards, Chicago, Illinois

Swift & Company, U. S. A.

The Reason.

"I hear you have a college graduate for a cook. Isn't that very expensive?"

"Not very." She works for her board and clothes."

"How is that?"
"She's my wife."

FRECKLES

Now Is the Time to Get Rid of These Ugly Spots

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

In No Hurry.

A rookie a Great Lakes was noted for being late. He was always the last to be dressed and the last to turn out. At last the company commander, exasperated by the rookie's tardiness, called him to the front of the company and said: "Say, are you with us in this war or not?"

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels. Ad.

Words Fail.

Gus—I don't see anything funny in these Christmas wheezes about wifey's cigars.

Gusty—Married?

Gus—No.

Gusty—Do you smoke?

Gus—No.

(Heavy silence.)

When Your Eyes Need Care Try Murine Eye Remedy

No Smarting—Just Eye Comfort. 60 cents at Druggists or mail. Write for Free Eye Book. MURINE EYE REMEDY CO., CHICAGO

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma, Hay Fever, Croup, Whooping Cough, and all other lung troubles. 25 cents and one dollar. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N. Y.

Dr. J. D. KELLOGG'S
ASTHMA REMEDY

Help wanted by many women

If a woman suffers from such ailments as Backache, Headache, Lassitude and Nervousness—the symptoms indicate the need for Piso's Tablets, a valuable healing remedy with antiseptic, astringent and tonic properties. A local application simple but effective—response comes quickly causing refreshing relief with invigorating effects. Backed by the name Piso established over 50 years, satisfaction is guaranteed.

PISO'S TABLETS Sold Everywhere 60 Cents
Sample Mailed Free—address postcard THE PISO COMPANY 400 Piso Bldg. Warren, Pa.

OUR 23rd ANNIVERSARY

At the threshold of the 23rd year of our entrance into business, we again make our annual wonderful bargain offer, to introduce our famous IXL Washing Compound more thoroughly. For only \$1.00 we will ship you:
10 Packages IXL Washing Compound.....\$1.00
1 Medical book—1,000 pages.....2.00
1 Safety razor and razorine.....1.00
1 Box-6 cakes toilet soap.....1.00
Total Value \$5.00 for \$1.00. Besides all this you may get interested in our proposition to agents.
I. X. L. CO., 718 South Main St., Dayton, Ohio

Cash for Old False Teeth Don't matter if broken, also cash for old gold, silver, platinum, dental gold and old gold jewelry. Will send cash by return mail and will hold goods 10 days for sender's approval of my price. Mail to E. Reeser, Dept. B, 3001 S. 4th St., Fairbury, Neb.